

You might be using sunscreen wrong

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Featured topic and speakers

Think you're doing sunscreen correctly? You might be making one of the most common sunscreen mistakes without even realizing it. Dermatologist Micah Brown, MD, shares the most common sunscreen errors—including not applying enough, forgetting to reapply, missing key spots and using expired products.

Learn simple, dermatologist-approved tips to help protect your skin every day, whether it's sunny, cloudy, rainy or snowy. Plus, find out why sunscreen is important for every skin tone and how to make sure you're getting the protection you need.

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Speakers

- **Micah Brown, MD**, dermatologist

Transcript

Dr. Brown: The biggest mistake that people make when applying sunscreen isn't that they forget to put it on, it's that they don't put on enough.

Hi. My name is Micah Brown. I'm a dermatologist, and I've been a part of the AMA for about eight years. Sunscreen is for all skin tones, so even if you are more melanated, sunscreen is for you, and you should be using it every single day. Patients always tell me, "But I'm putting on sunscreen every day." Applying sunscreen once in the morning is not enough. You should be reapplying every two hours.

You shouldn't assume that makeup with SPF or moisturizer with SPF is enough. Whether you're sweating, swimming or working out, water-resistant sunscreen is important because once you apply the sunscreen, it's important that it stays on. Sunscreen does expire, so before you apply it, make sure that you're looking at the back of the bottle. Do not apply sunscreen that is expired because it does lose its efficacy.

Don't forget the hot spots. So make sure that when applying sunscreen, you apply to your ears, your neck, the back of your hands and your nose. You can't miss those areas. Whether it's sunny, cloudy, snowing, raining, it's super important to use sunscreen every single day. If you have any questions about sunscreen, please talk to your doctor.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health, please consult your doctor.